



Making the Most of Mentorship

Tessa Adams, M.Ed.



Tessa Adams, M.Ed.

- Background
 - Lenses
- What I've Learned



Goals

- Define what a mentor is
- Realize the importance of mentoring
- Make new connections
- Learn how to ask someone to be your mentor
- Find new resources in the interim of finding a mentor



You've got an entire generation of young people truly in desperate need of a friend, someone they can trust, an example they can follow...

That's why mentors are so important.



#MentorIRL
#WomensHistoryMonth



Michelle Obama

First African American First Lady of the United States, Author, Lawyer

Resources

MENTOR: The National Mentoring Partnership ~ www.mentoring.org

Ken Coleman of The Ken Coleman Show ~ www.linkedin.com/in/kencoleman

Oprah's Master Class ~ www.oprah.com/app/oprahs-master-class-full-episodes.html

Tony Robbins ~ www.tonyrobbins.com

Volunteer Match ~ www.volunteermatch.org

Facebook groups

LinkedIn

also: blogs, books, conferences, trainings, even Netflix series can help you grow and think differently the way a mentor might while waiting to find the perfect mentor

What is a mentor?

- An experienced and trusted advisor
- A positive influence
- Someone who has a skill set that you want to learn or grow in
- Someone who you admire
- Someone who you respect
- Someone who you want to be like

“

A mentor is someone who allows you to see the hope inside yourself.

”



#MentorIRL
#WomensHistoryMonth



Oprah Winfrey

First Black Woman Billionaire, Media Mogul,
Philanthropist, Author

INVESTMENT

Your mentor will care about helping you with your journey because they care about YOU.

What is a mentor?

- Someone who calls you out
 - Don't quit when this happens!
- A human being
- Someone that you need and who doesn't necessarily need you



What is a mentee?

Someone who is...

- Positive
- Open to feedback
- Ready to work
- Coachable
- Committed
- Enjoyable
- Flexible
- Willing to learn

“

He instilled confidence, and made me believe that I could accomplish what I set out to accomplish.

On her mentor, Arthur Walker

”



#MentorIRL
#WomensHistoryMonth



Sally Ride

Youngest American Astronaut, Engineer,
Physicist, Professor

Finding a Mentor - Step #1

Define yourself.

- Who are you?
- What are your goals?
- What skill set are you trying to learn or grow in?
- How will a mentor help you?
- How much time are you willing to commit to this mentorship?

Understand that having a mentor isn't something that you just GET handed to you. It is something you DO and that you too are deeply committed to this.

Finding a Mentor - Step #2

Define your mentor.

- Who are they?
- What are they good at?
- What do you admire about them most?
- Is there anything you don't like about them?

Finding someone to mentor you is NOT just about them teaching you how to grow in a specific area. Mentoring is a “whole package” experience.

Finding a Mentor - Step #3

Find your mentor.

- Your job
- A volunteer opportunity
- Your hobbies
- Your family
- Places you frequent
- Facebook, LinkedIn

LITERALLY ANYWHERE.

Finding a Mentor - Step #4

Study your mentor.

- Ask around.
- Read their social media profile, website or blog.
- Check for reviews.
- Create questions for them.
- Invite them to coffee.

Do not overlook this step as it may be the most important one. Taking the time to make sure this is the person you want as your mentor is crucial.

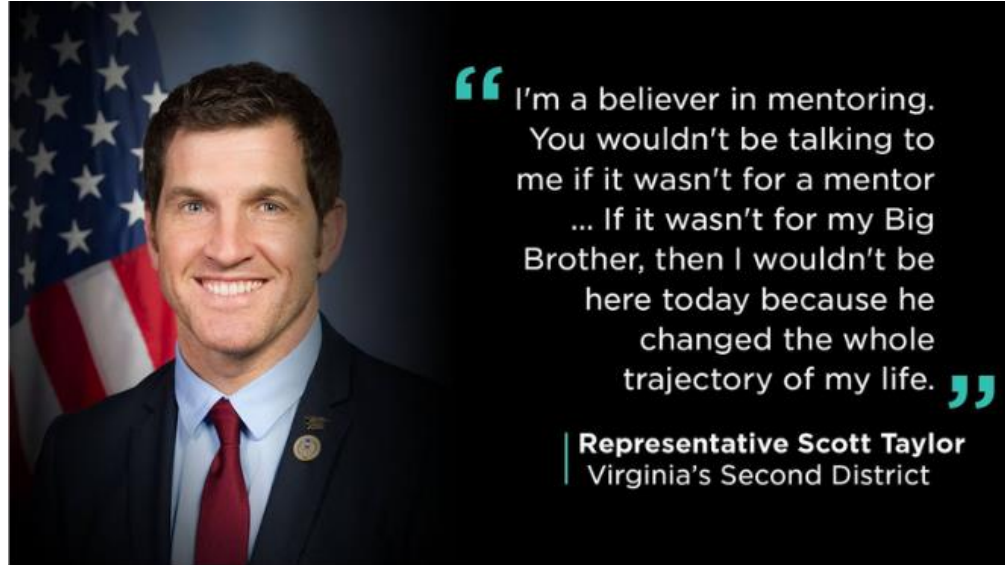
Finding a Mentor - Step #5

Make the ask.

- Email vs. Face to Face
- A “cold” ask vs. An initial meeting beforehand
- “Will you mentor me?” vs. “I really admire ___ about you and am so impressed with your _____. I’d love to spend more time with you as I think you could teach me so much in _____. I have Wednesday nights free from 6-8pm and was wondering if perhaps I could treat you to coffee every other week so I could pick your brain about _____. Would you be interested in mentoring me?”

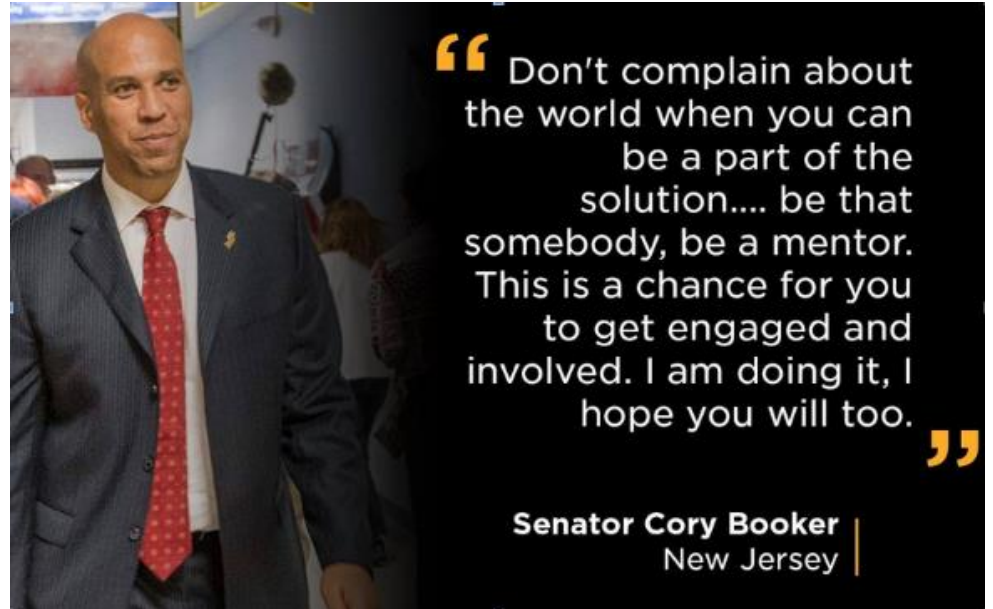
Quick Tips

- Do not force someone to say yes.
- Remember: Everyone needs a mentor.
- DO NOT WAIT TO ASK.
- Major corporations like LinkedIn, AT&T, Nike, Starbucks, and Facebook all believe in the power of mentoring!
- Your mentor will not contact you.
- Consider becoming a mentor yourself!



Takeaways

- Importance of creating connections and being involved
- Finding a mentor will help you make a difference in your community
- The power of ASK!



Q&A

Keep in touch!



thewalteryears@gmail.com



@the.walter.years



tessaladams

